

Weight: 82 kg Name: Farhana Age: 29 Yrs Height: 162 Cms

Week 2 - Day 1

Mark tick/cross in the box below time, mention anything extra you had and submit weekly.

8:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

11:00 AM 1 Katori Chole [+Onion, Coriander]

2:00 PM 1 Phulka
Sabji
1 Katori Palak Dal

5:30 PM 1 Slice/ Cube Cheese
1 Fruit

7:30 PM 2 Moong dal chilla (+ carrot/Cabbage)
onion tomato chutney

10:00 PM 4 Anjir (Eat Half At A Time, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



Program Expiry
25-01-23

A) If need be diet plan days can be interchanged within a week.

B) Refer General Guidelines.



Weight: 82 kg

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Week 2 - Day 2

Mark tick/cross in

8:00 AM 1 Fruit

11:00 AM 1 Glass Milk Shake (+ Fruit, No Sugar)

2:00 PM Salad
1 Millet roti [jowar/ makka/ bajra/ ragi]
Sabji
Dal/ Kadi

5:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

7:30 PM 1 Phulka
Chicken

10:00 PM 1 Coconut water

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 2 - Day 3

Mark tick/cross :

8:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

11:00 AM 1½ katoris rava upma [+ peas, tomatoes, coriander, beans etc.]

2:00 PM 1 Phulkas
Paneer with Mix Veg.

5:30 PM 1 Slice/ Cube Cheese
1 Fruit

7:30 PM Clear Vegetable Soup
2 Katori Veg. Pulav (Peas + Carrots + Beans + Tomatoes + Onions)

10:00 PM 4 Anjir (Eat Half At A Time, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 2 - Day 4

Mark tick/cross :

8:00 AM 1 Fruit

11:00 AM 2 Eggs + veggies

2:00 PM Salad

1 Onion roti / thalipith
1 Katori Curd + Veggies

5:30 PM Murrura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

7:30 PM 1 Katori Rice
Chicken

10:00 PM 1 Coconut water

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 2 - Day 5

Mark tick/cross :

8:00 AM 1 Fruit

11:00 AM 1 ½ Katori Sprouts [+ Veggies; Raw or half cooked]

2:00 PM Radish and Cucumber Salad

1 Katoris Rice

Black Dal

5:30 PM 1 Slice/ Cube Cheese

1 Fruit

7:30 PM 2 Palak roti

Cucumber Raita (Made of 1 Katori Curd)

10:00 PM 4 Anjir (Eat Half At A Time, Chew Well)

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 2 - Day 6

Mark tick/cross :

8:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

11:00 AM 1 Glass Milk Shake (+ Fruit, No Sugar)

2:00 PM Salad (Carrot + Radish +Other Veggies)

1 Stuffed Lauki Roti

Kadi

5:30 PM 1 Slice/ Cube Cheese

1 Fruit

7:30 PM Free Meal!!

10:00 PM Nil

Mention total in day



Exercise
(in min)

Water
(in litres)



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Week 2 - Day 7

Mark tick/cross :

8:00 AM 10 Pistachionuts (Eat One At A Time, Chew Well)

11:00 AM 1 stuffed roti [peas/ dal]

2:00 PM Bean Salad (1 Katori Rajma + Chopped Mix Veggies)
1 Phulka
Sabji

5:30 PM Murmura (+ 1 Tbsp Peanuts + Veggies + Green Chutney)

7:30 PM Soup/ Salad
3 Slices Pizza [paneer/chicken]

10:00 PM 1 Coconut water

Mention total in day



Exercise
(in min)

Water
(in litres)



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